



TARGETED CASE MANAGEMENT (TCM)

WHAT IS TARGETED CASE MANAGEMENT?

TCM is a service that provides a community Case Manager*, to help a youth and their family identify their strengths and needs, develop a care plan, and implement the plan to assist with finding and connecting them to helpful resources and treatment services for their child. The Case Manager also helps monitor and follows up on the effectiveness of a youth's services and supports.

*This is different from a school-based case manager.

WHO IS ELIGIBLE?

A child or youth aged 0 – 21 with [MaineCare](#) or youth under age 19 with the [Katie Beckett waiver](#) and a mental health diagnosis, an intellectual disability, or a developmental disorder.

HOW DOES IT HELP?

A Case Manager can help:

- Identify the child and family's strengths and needs for medical, educational, social, or other services
- Assist with creating a plan to support and address those needs
- Identify a variety of appropriate and available resources
- Identify treatment services and make referrals to services
- Set up appointments
- Coordinate and monitor services
- Family members with organizational tasks and skills, including paperwork, attending meetings to support the youth's needs including, when appropriate, IEP meetings, and/or advocating for family and child needs
- Educate families and children on services and systems

HOW TO ACCESS TCM

To get a TCM call the provider you would like to work with. For more information about TCM, to find [a provider](#), or visit the [Children's Behavioral Health website](#).

For assistance with any of this information call the [CBHS Family Information Specialist](#) You may also reach out to a [Family Support Organization](#).



Our targeted case manager was like a personal trainer: encouraging, showing next steps, and walking the path with us until we were ready to fly solo.

-Jennifer